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LONDON RIOTS
 SPREAD OUTSIDE CITY
NEWS {page 11}

COCONUT WATER:
 IS IT JUST NUTS?
WELLBEING {page 20}



THE SEXES DO
 BATTLE ON ABC
TELEVISION {page 14}

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Science. Dancing roaches



► Students at Cooper Union installed wires onto 3-inch cockroaches to get them to scurry and dance to electric pulses and music. {page 04}

Police nab suspect in puny perv sex attacks

► 18-year-old man charged in gropings of a dozen women on Upper East Side ► Cops were looking for suspect who stands 4 feet 11 inches tall ► Former restaurant co-workers say he was 'sweetest kid' {page 06}



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Singer's beating puzzles police

► Gavin DeGraw left East Village with broken nose, concussion ► Told police three men attacked him near First Avenue ► Was then hit by cab



► Gavin DeGraw, above in concert, was discharged from Bellevue Hospital yesterday afternoon. He said he has little memory of an apparent attack that left him with a broken nose.

Police are trying to solve the mystery of how singer Gavin DeGraw got a broken nose and concussion early Monday morning in the East Village.

The "I Don't Want to Be" singer, 34, told police he was assaulted by three men sometime around 4 a.m. near Sixth Street and First Avenue after leaving a nearby bar.

Bloody, he reportedly stumbled 13 blocks uptown only to be hit by a taxi cab near 19th Street.

Fuzzy memory

@GavinDeGraw Hi my friends. Honestly, I don't remember much. I only know I can recover from here. Thank u all for your genuine concern. I love u guys.

DeGraw, who lives in New York City, was treated and released for a "concussion, broken nose, black eyes, cuts and bruises," according to his publicist.

An NYPD spokesman said three men assaulted him at 3 a.m. Monday.

A bystander reportedly called 911 after spotting DeGraw stumbling on the sidewalk.

Police do not have suspects or a motive for the assault. Sources told People magazine that DeGraw's murky memory — he'd reportedly been drinking — clouded his recollection of events.

DeGraw owns nearby National Underground

bar on East Houston Street, where People reported that he was seen Sunday.

An employee at Three of Cups on East Fifth Street and First Avenue also confirmed that he frequents that lounge.

DeGraw canceled shows scheduled for last night in Saratoga Springs, N.Y., and Friday in Wadsworth, N.Y.



ALISON BOWEN
alison.bowen@metro.us

Dolphins spotted off Bronx

CITY ISLAND. A pod of dolphins was reportedly spotted off the south end of City Island on Sunday, according to a tipster at Gothamist. Surprised to hear of dolphins in New York waters? Don't be, said Sarah Chasis at the Natural Resources Defense Council. The Hudson Canyon — it's like an underwater Grand Canyon — exists just off New York Harbor and nurtures sea life.

● METRO/CB

Dad sues city where kids died

NEWBURGH, N.Y. The father of three children who drowned with their mother when she intentionally drove her minivan into the Hudson River is suing the city where the deaths occurred. Jean Pierre claims the city failed to create proper barriers that would have prevented LaShanda Armstrong from driving her van into the river on April 12, killing all but one of her children. REUTERS

Derailment causes commuter delays

An NJ Transit train derailment snarled commutes for thousands yesterday.

A Trenton-bound North-east Corridor train derailed as it pulled out of Penn Station just after 8 a.m.

There were about 300

passengers aboard the train, but no one was injured in the accident.

The incident caused back-ups all day yesterday. NJ Transit riders endured delays of 60 to 90 minutes getting in and

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out of the city. Amtrak trains between Boston and Washington were de-

layed by up to an hour yesterday morning.

And the congestion even spilled over into the evening trip home: Several LIRR trains were canceled yesterday, and LIRR riders were told they should

brace for cancellations and track changes.

The PATH cross-honored NJ Transit tickets from frustrated riders, but even PATH trains were running at a delay due to higher volume. ● CARLY BALDWIN

In the news

Obama in New York tomorrow

President Barack Obama is expected to be back in the Big Apple tomorrow for a swanky fundraiser. Vogue's editor-in-chief, Anna Wintour, is co-hosting a dinner with HBO power player Harvey Weinstein at Weinstein's home in the West Village. Tickets to the dinner cost \$71,600 per couple. ● METRO/CB

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Science experiment: Dancing robo-roaches

PETA objects to 'torture'

PETA is livid regarding what they called the "torture" of the 3-inch Central American cockroaches.

"Inhumane projects like this one teach students that animals are merely objects to be manipulated," said Justin Goodman at PETA.

But Uglesich defended their research as humane, and said he hopes it can one day help develop neuroprosthetics that can repair retinas and other human organs.

► Cooper Union students control hated pests with pop music ► But PETA says it's just plain critter cruelty

These roaches don't do "La Cucaracha," but they do like Weezer.

Four New York City high school students spent their summer experimenting with roaches at Cooper Union, teaching New York's most hated insect to "dance" to popular music.

Under the tutelage of neuroscience professor Rob Uglesich, the students used remote controls to send electric signals to the bugs' antennae. To make the roach go right, the students stimulate the left antenna.

The roach perceives the electric currents as some sort of obstacle — say, a

"It's stunning that teenagers are being taught to torment animals."

JUSTIN GOODMAN, ASSOCIATE
DIRECTOR OF PETA'S LABORATORY
INVESTIGATIONS DEPARTMENT

wall — and scurries the other way.

The students performed surgery on the roaches, knocking them out with anesthesia before inserting electric receptors into their antennae, as well as their bodies.

Unfortunately, simple electric pulses became ineffective after about 10 min-

utes. The solution? Music.

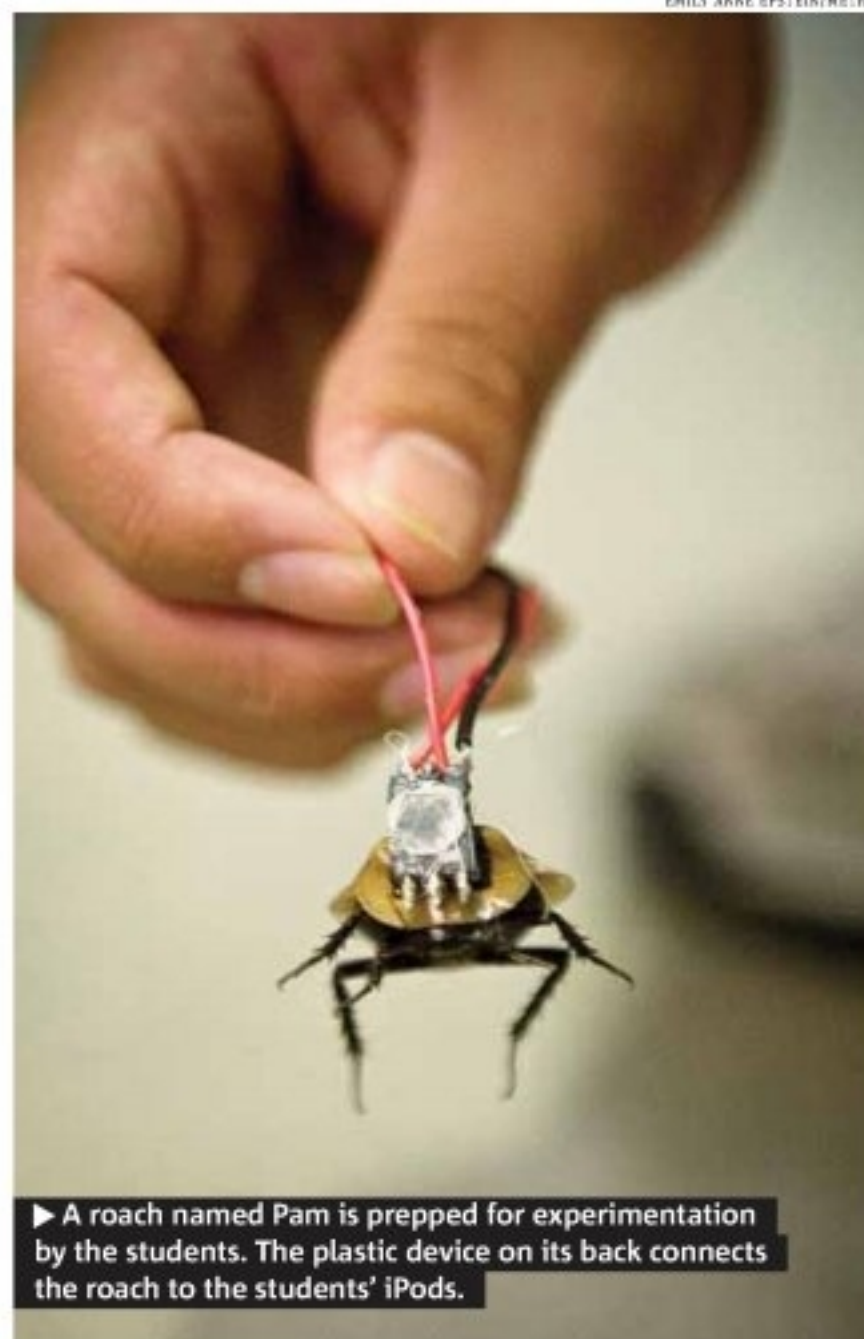
"The roaches learn to ignore the same sequence of signals," said Uglesich. "Music has more variation to it, so it keeps them moving. A house drum beat would bore them very quickly."

The students altered devices on the roaches to connect to their iPods or computers, letting the insects directly tune in to top hits.

"To get the best results, we have to use a strong bass," said student Dumichel Harley, 15. "They liked it."



EMILY ANNE EPSTEIN
emily.epstein@metro.us



► A roach named Pam is prepped for experimentation by the students. The plastic device on its back connects the roach to the students' iPods.

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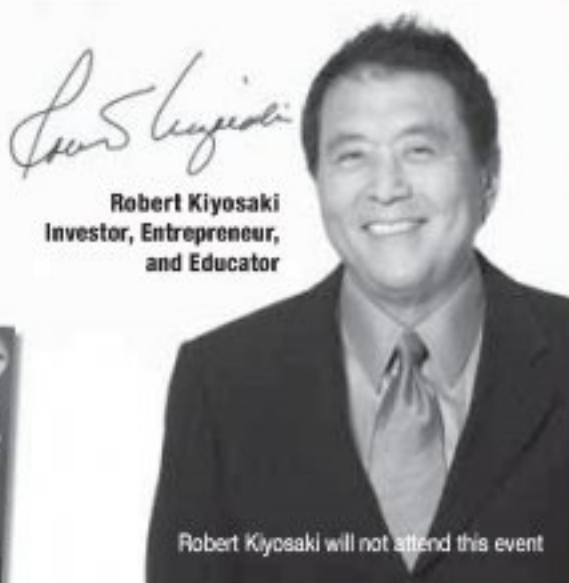


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06

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WEDNESDAY, AUGUST 10, 2011

ALISON BOWEN/METRO



► A reward was offered for information on the serial groper accused of sexually assaulting 12 women. Jose Alfredo Perez Hernandez was arrested yesterday in connection with the crimes.

Police arrest 'puny perv' suspect in Queens via tip-off

Upper East Side women can breathe a little bit easier: A suspect who police believe to be the same man who terrorized them for months is finally behind bars.

Police said they have arrested the man who allegedly attacked 12 women on the Upper East Side. The first attack happened in January, but the most recent was last Friday in Central Park.

Cops said Jose Alfredo Perez Hernandez, 18, was arrested Monday after a building superintendent tipped them off. The super reportedly recognized Hernandez after seeing a photo that resembled him in a



newspaper.

Hernandez worked as a dishwasher at Antonucci Cafe in the building he maintained on East 81st Street, the super told police. Police then tracked his

cell-phone number to a Queens apartment.

Restaurant workers at Antonucci confirmed to Metro that Hernandez worked alongside them for about six months before leaving a few weeks ago.

"Everyone loved him," a waiter told Metro. "He's the sweetest kid we have here."

For months, a 4-foot-11 man targeted women uptown, sneaking up behind them and groping them. Dubbed the "puny perv," he created fear among female walkers and joggers.



ALISON BOWEN
alison.bowen@metro.us

News in brief

Williamsburg multiplex

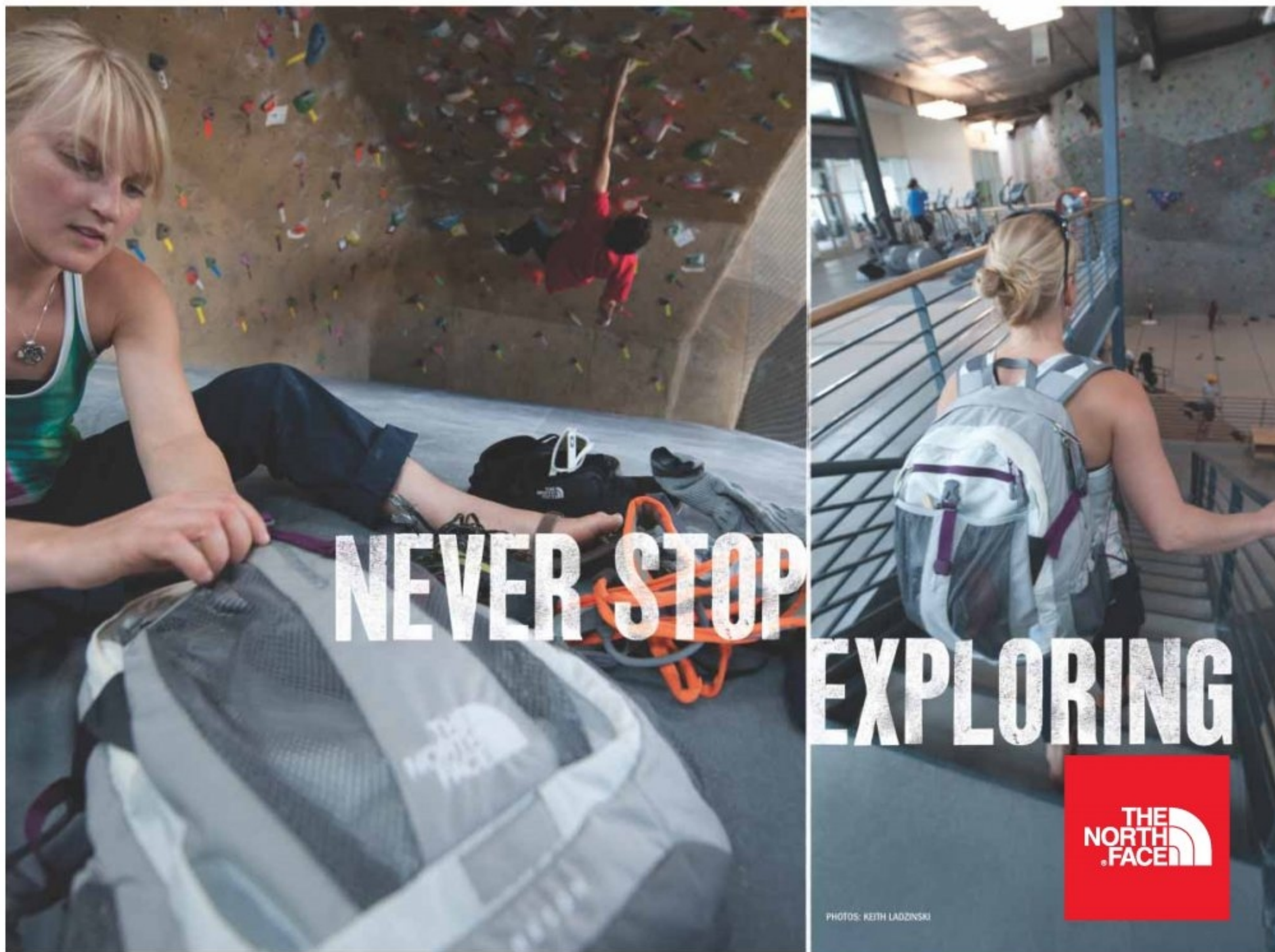
WILLIAMSBURG. Construction has begun on Grand Street and Driggs Avenue for the neighborhood's first multiplex. The movie theater will feature seven screens, seat up to 250 people and

play a mix of art-house and blockbuster flicks. Harvey Elgart, who also runs Cobble Hill Cinemas, told the Village Voice that the theater will open in approximately nine months. **• METRO/EAE**

Cat burglar falls to death

UPPER EAST SIDE. A would-be cat burglar plunged to his death early Monday

morning after falling six stories from an outdoor terrace at 304 E. 91st Street. Witnesses told DNAInfo that the man tried to force his way into the home at about 10 a.m. A police source confirmed that the man, described as in his 20s, "got spooked" after being spied by a resident. He fled across a rickety wooden shaft to another building and fell. **• METRO/EAE**



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Making New York home after fleeing Iraq

- Received death threats in Iraq for helping Americans
- Thousands more like her are stuck in limbo, says NY refugee group, which helps get them to safety in the US

When Alaa Majeed fled Iraq, she could not even tell her two children that she was leaving.

She arrived at JFK airport in 2007, forced out of her home country amid death threats for helping Americans.

Majeed, 36, is one of thousands of Iraqis threatened for associating with Americans — and one of the few now in safety.

The Manhattan-based Urban Justice Center resettles refugees all over the U.S. Their Iraqi Refugee Assistance Project has helped 400 Iraqis since 2008, with the help of Columbia University and New York University law students.

Majeed worked as a translator and journalist; but, in the midst of sectarian violence, her fellow Iraqis considered anyone

Getting to safety

The immigration process should be quicker to speed people to safety, said Betsy Cooper at the Iraqi Refugee Assistance Project. Security checks can take years, she said. "It is a huge problem. ... Most of our clients seem to be in limbo at the moment," she said.

62,000

Iraqis have applied to enter the United States

29,000

Out of the Iraqis who applied, 29,000 worked for Americans or are family members of people who helped Americans.

helping America a spy.

She was nearly kidnapped, and a close friend was kidnapped and killed.

"Everybody was asking me to quit," Majeed told Metro. "My mother was crying every morning."

Majeed fled to Jordan in 2005, kissing her children, 6 and 4, goodbye while they slept. They eventually came to the U.S., as well.

She now lives in Brook-

lyn, where she is trying to get used to a city of car honks and stuffed sidewalks. Adjustment to her new life has not been easy, she said.

"I'm just here in shock," she said. "In a crowd, when I hear a shot it just takes me to exactly where I was and I think there is a militia."



ALISON BOWEN
alison.bowen@metro.us

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► Alaa Majeed, seen here in Brooklyn, is concerned about her parents, who remain in Baghdad and still receive death threats because of her work. She is trying to get them to the U.S.

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Charm Bracelets.....	\$5,500	Lavalieres.....	\$8,000
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Verizon seeks injunctions against strikers

Verizon Communications Inc. has sought court injunctions to prevent striking workers from blocking access to the company's facilities, a spokesman said on the third day of a strike involving almost half of the company's wireline employees. Two unions representing 45,000 workers called a strike on Sunday after a labor contract expired and several weeks of talks for a new contract failed. **REUTERS**



► Things were looking up a bit on the floor of the New York Stock Exchange yesterday.

Apple briefly takes top spot

Apple Inc. briefly edged past Exxon Mobil Corp. yesterday to become the most valuable company in the U.S. after days of volatile stock market ac-

tion. The technology giant's market value rose to \$341.5 billion, just above Exxon's \$341.4 billion, even though the oil major's annual revenue is four times that of Apple's. Exxon quickly regained the No. 1 spot. **REUTERS**

Wall Street roars back in wild trade

► Fed says economy weakened, to keep rates low for two years ► Apple gets brief moment in the spotlight

Stocks rallied yesterday in a volatile session as investors struggled to decipher the Fed's signals on the economy after a dizzying two-week slide.

Buying accelerated into the close and the S&P 500 posted its best day in more than two years, following a drop of nearly 17 percent over the past weeks.

The market reversed direction six times after a Fed statement that pledged two more years of near-zero interest rates.

Bank shares roared back from recent losses with the KBW capital markets index up 6.7 percent.

"The last three or four weeks, the stock market

1-in-4

The U.S. faces one-in-four odds of slipping back into recession, and a weaker economic outlook is raising the likelihood the Federal Reserve will soon do more to boost growth, a Reuters poll shows.

has really discounted a mild recession," said Mohannad Aama of Beam Capital Management LLC.

"The market has to start factoring in what the response from the Fed and the government will be. There is still a small chance for a fiscal stimulus aimed at job creation. The FOMC statement today was positive for equities." **REUTERS**

Market moment



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Police swarm streets of London to battle unrest

► Thousands of cops try to keep peace ► Chaos spreads outside city

Riots flared in English cities and towns last night as London waited anxiously to see if thousands of police deployed on its streets could head off the youths who had rampaged across the capital virtually unchecked for three nights.

In Salford, part of greater Manchester in northwest England, rioters threw bricks at police and set fire to buildings. A BBC cameraman was assaulted.

Television pictures showed flames leaping from shops and cars in Salford and Manchester, and plumes of thick black smoke billowing across roads.

In central Manchester, police said a clothes shop was set alight. "I can confirm a shop is on fire and 200 youths that gathered in the city center have been chased by riot police and dispersed. Seven arrests have been made so far," a spokesman for Greater Manchester Police said.

Further south in West Bromwich and Wolverhampton, cars were burned and stores raided.

Community leaders said the violence in London — the worst for decades in the huge, multi-ethnic capital — was rooted in growing disparities in wealth and opportunity. **REUTERS**



► Police walk past a burning shop in Manchester. Recent riots and looting are expanding outside London proper.

Polygamist leader gets life in jail

SAN ANGELO, TEXAS. Polygamist leader Warren Jeffs, who heads a breakaway Mormon sect, was sentenced to life in prison yesterday for sexually assaulting two underage girls he claimed as "spiritual" brides.

The Texas jury of 10 women and two men deliberated for less than an hour before giving him a 99-year, or life, sentence for one charge and 20 years for a second — the maximum for both.

REUTERS

Junk food still stars in TV ads

NEW YORK. Children are seeing fewer sugary, fatty foods advertised on TV — but unhealthy fare still makes up the bulk of food commercials they see, a new study suggests.

What's more, researchers found, children were actually seeing more fast-food commercials in 2009 compared with six years earlier.

Reported in the Archives of Pediatrics & Adolescent Medicine, the study intended to gauge the effects of a voluntary food industry program called the Children's Food and Beverage Advertising Initiative. **REUTERS**



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THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) [dorothy.robinson@metro.us](#)

Why stars fight the passage of time

Look. I'm not going to devote this space to outline my feelings on women, celebrity, and plastic surgery (that would take at least 200 more words than my usual word count). Let's just say: It's a complicated issue. However, what I don't understand is why everyone moans about women in Hollywood getting plastic surgery after a certain age — and why the stars lie about doing so. It's their job to be on top of their body and image and that means extreme exercise, diet, and yes, probably a nip and tuck here and there. They have to fight the passage of time tooth and nail or else they will wake up in their 40s resembling this disheartening photo of poor **Sinead O'Connor**, now 44, and their fans would be kinda freaked out.

On one hand, it's awesome that O'Connor is comfortable with herself and just doesn't give a crap and,



► Sinead in 1990 (left) and last month.

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really, looks like any normal 44-year-old woman out there. On the other, what happened to that angry little Irish spitfire?! And, perhaps most importantly: Has someone tipped off **Susan Boyle** to the fact that O'Connor raided her closet?

Dirtiest dancing?

You're going to have the time of your life — again. Lionsgate says it is remaking the 1987 film "Dirty Dancing," with original choreographer **Kenny Ortega** taking over as director. Per the press release, Ortega states he is eager to discover and cast "the next breakout triple-threats" to define dancing for a generation, the way Swayze did in the original "Dirty Dancing."

This is a bad, weird idea, Hollywood! What



► Way back when.

qualifies as dirty dancing anymore? When 50-year-olds know how to bump and grind, it's a tip-off that it's not as thrilling as it once was.

The truth will set Pitt free

It may have taken six years, but someone is finally saying what everyone suspected: **Brad Pitt** cheated on **Jennifer Aniston** with **Angelina Jolie**, according to a new book by "Mr. and Mrs. Smith" by producer **Arnon Milchan**. "At first, Jen didn't

believe he was involved with Angelina. She started asking around but no one would tell her anything because they were loyal to Brad, so she asked him point blank. He denied it," Milchan reports. "He eventually admitted he was in love with Angelina. Jen was furious and threw him out."

Talking points

Undercover Leo

Leonardo DiCaprio and **Blake Lively** brought their undercover romance to Los Angeles, trying to keep things low-key with a dinner date in the east side's Los Feliz neighborhood, according to People magazine. The pair reportedly dined out at the restaurant Umami Burger, where Lively "looked very happy and kept smiling," a source says, adding that DiCaprio appeared to enjoy himself, too. "He gently grabbed her hand at



► DiCaprio

one point and he seemed very into Blake."

Feeling blue from being blue (literally)

Zoe Saldana admits that the success of "Avatar" was too



► Saldana

much for her. "The year after 'Avatar' was just emotionally overwhelming. I was traveling all over the world, waking up in different time zones. Your body gets exhausted, and by the end of the year I just collapsed," Saldana tells Latina magazine. "I was sitting in my hotel room, and I couldn't stop crying. I



► Winehouse

couldn't stay awake. I must have slept for an entire month." Things are much better now that Saldana has learned to take some time for herself, though: "I just stay at home and do absolutely nothing," Zoe says. "I don't shower if I don't want to. I don't answer e-mails. It's a healthy way of being selfish."

You can still dress like Winehouse

Despite her untimely death last week, **Amy Winehouse's** clothing collections for Fred Perry will still see the light of day. "When Fred Perry came to us to ask what we would like to do with the new collection it was natural to continue," **Mitch Winehouse**, Amy's father, says in a statement to Women's Wear Daily. "Amy loved working on both collections and would want them to be made available." Proceeds from the first of the two collections will go to the Amy Winehouse Foundation.

The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Paris Hilton lives it up, Neil Patrick Harris is regretting that play date with Elton John, Tyra Banks isn't convinced, and Conan O'Brien needs to get out more.

► **@ParisHilton**
Midnight in Ibiza, just now on our way to dinner. The night has just begun...

► **@ActuallyNPH**
Terrific. Now, instead of blocks, all the twins are wanting for their birthday is a megayacht.

► **@tyrabanks**
Arguing w/somebody I think is insane. They are saying u can learn ANYTHING on Internet, including learning 2B a heart surgeon! WhatUThink?

► **@ConanOBrien**
Just realized I was reading the Wikipedia page for Steve Urkel. Time to go outside!



Banks



Blanket at 9 years old and other celeb sightings

► **1:** Oh, wow! It's MJ's kids! Prince, now 14 years old, along with 13-year-old Paris and 9-year-old Blanket Jackson appeared with their aunt Latoya Jackson at a Michael Jackson Artwork Donation ceremony at the Children's Hospital in Los Angeles

on Monday.

► **2:** Kelly Rowland performed at 4Sixty6 on Sunday in West Orange, N.J., where she reportedly suffered a "nip-slip." Is it me or does it look like she had a wardrobe malfunction while performing in a VFW basement?

► **3:** Celebrity mug shot time! Here's the booking photo of Antwan Patton, also known as Big Boi of the rap group Outkast, who was arrested on drug possession charges on Sunday in Miami. He had quite

the recipe for a serious party: Ecstasy pills, MDMA powder and Viagra.

► **4:** Anne Hathaway at the "One Day" premiere at the AMC Loews Lincoln Square 13 theater in New York on Monday.

► **5:** While Metro photographer Nicolaus Czarnecki was shooting Nicki Minaj at the TD Garden in Boston on Monday night, he couldn't help but notice the show's opener DJ Pauly D was rocking out right next to him.

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► **6:** Take it off, Moz! Morrissey performed onstage at Brixton Academy in London on Sunday.

► **7:** Mini-me? Ben Stiller and Jesse Eisenberg at the after-party for the premiere of "30 Minutes or Less" in Los Angeles on Monday.

► **8:** Katie Holmes and Tom Cruise catch "Don't Be Afraid of the Dark" on Monday in New York.

1: VALERIE MACON/GETTY IMAGES
2: DAVE KOTINSKY/GETTY IMAGES
3: VIA GETTY IMAGES
4: LARRY BUSACCA/GETTY IMAGES
5: NICOLAUS CZARNECKI/METRO
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WEDNESDAY, AUGUST 10, 2011

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From Stratford-upon-Avon to NYC

► What you should know about the Royal Shakespeare Company, now performing at the Park Avenue Armory, before the ambitious residency project comes to a close

This year marks the 50th anniversary of the Royal Shakespeare Company. And this summer, the illustrious 41-member ensemble brings a repertory of five works to New Yorkers, thanks to Lincoln Center Festival in association with The Ohio State University. For six weeks ending Aug. 14, shows rotate between "As You Like It," "Romeo and Juliet," "A Winter's Tale," "King Lear" and "Julius Caesar."

Due to overwhelmingly warm reception, shows are mostly sold out; so if you have the opportunity to

snag tickets, we suggest you do. After all, the least you can do is attend Shakespeare's works — played in the setting for which they were written, performed by the pros who know the Bard best — when they've journeyed across the Atlantic and you merely have to hop on the subway.

But don't be hasty and head to the Upper West Side; despite Lincoln Center billing, this event takes place within the transformative Park Avenue Armory. Its massive drill hall now hosts a near-exact



► RSC's "Julius Caesar" is one of five shows in repertory through Aug. 14.

replica of the Royal Shakespeare Theatre in Stratford-upon-Avon, where this temporary home was built before it shipped over by

crate for this specific, ambitious residency project.

One of the key points of interest is the thrust stage, which comes out deeper in-

to the audience than your standard proscenium and takes seating on three sides; not only can you watch everyone enjoy the experi-

ence with you, but the farthest seat from the actors is only 49 feet. This amplifies audience intimacy, frees actors from the confines of two dimensions and offers almost 360 degrees of visibility. In most cases, the orchestra is even on full display three stories above the action, rather than hidden in a pit below the apron. The acoustic result is just another boon that makes this festival a worthy golden anniversary feat.

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WEDNESDAY, AUGUST 10, 2011

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Movie review



► Emma Stone, Octavia Spencer and Viola Davis star in "The Help," which opens nationwide today.

A dose of grit needed in 'The Help'

'The Help'

Director: Tate Taylor
Cast: Emma Stone, Viola Davis and Bryce Dallas Howard
Rating: PG-13
Grade: **00000**
"The Help" takes place against the backdrop of a time in the South when groups like the White Citizen's Council had a store-

front on Main Street. The story of a plucky young writer (Emma Stone) and two courageous African-American maids (Viola Davis and Octavia Spencer) — who together write a book exposing the real lives of domestic help — is a finely acted but somewhat sanitized look at Mississippi in 1963. Long on emotion and sincerity, to be truly effective this could have used a little more grit; but it does tell an important, heart-felt story. **RICHARD CROUSE**

July's look into 'The Future'

► Artist and filmmaker Miranda July discusses her latest film, the need to be seen and writing, directing and performing in her first sex scene

Would Miranda July be an artist if no one was looking? Yes, but exhibitionism isn't an insignificant component to her artistic impulse, or anyone's really. Just take for example the legions of YouTube users who post videos of themselves singing, dancing and doing pretty much everything else just so that anonymous

strangers can watch.

"If you didn't know that there were other things you could get out of art or making things besides just a reaction, then the reaction is still enough to propel you to make something," says July. "That desire for a reaction runs pretty deep. With kids, unless you saw me go down the slide, it doesn't count.



► July

Quoted

July on the writing process:

"You start with the unconscious and it's a fight to keep out all the other voices saying: 'Is this good or bad? How does this move the story forward?' And eventually you do have to let those voices back in, at which point you decide if it stays in or not. It's so important not to begin with ideas of judgment or even of total comprehension."

It's not a superficial desire."

The desire to be observed is just one topic covered in July's second film "The Future," which she wrote, directed and starred in. As a couple in their mid-30s, her character and Hamish Linklater's decide to adopt a cat that will need around-the-clock care. As they wait until the cat is released from the vet, they each face a crisis regarding the impending responsibility.

After July's first success with her film "Me, You and Everyone We Know," she gave herself unusual challenges for her next project, in which she incorporated dancing blind with a T-shirt

over her head and a self-directed sex scene.

"It's a pretty amazing to get to write a sex scene and be in it and direct yourself in it. I wanted to get to do that," she explains. "There's nothing fun about it, but it wasn't any harder than any other part of the movie — and it was sort of nice because everyone was so kind to me that day. They felt so sorry for me, what I had to do. And then it was very awkward, but it's all mechanical. At the end of the day, you're measuring things with tape measures to get it right."

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mystyle

Spanx + Bloomies: A perfect fit

► The slimming shapewear line is now available at its first in-store shop at Bloomingdales ► Founder Sara Blakely on choosing the right Spanx for you

Spanx, the shapewear line that's been smoothing women's tummies and butts for the past ten years, has just debuted its first in-store shop at Bloomingdales 59th St. The brand-spanking-new 400-square-foot space is on the fourth floor, in the intimate apparel section, where you'll find Spanx specialists on hand to help you get the right fit. We caught up with founder Sara Blakely who gave us some one-on-one consultations for looking hot no matter the event.

Here's Blakely's advice on how to wear your Spanx:

If you're attending a fancy event: "If I'm in a long evening gown, I would probably have on my Bra-llelujah! — either strapless [the Bra-Cha-Cha] or one of the regular ones — and I would probably have on a



high-waisted footless control pantyhose."

If you have a lunch date: "If I [were] wearing a little summer dress or something to go meet somebody for lunch, I'd probably have on my Slim Cognito shaper shorts or Skinny Britches — they're [really] lightweight — and the Bra-llelujah!"

MEREDITH ENGEL
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- Yeah, we can see you texting under the table — and guess what, it's rude!
 ► Plus, how to give the phone-aholic in your life a subtle reality check

Texting in public:

When it's not OK

► He'd better be checking that text in the restroom.

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**JONATHAN
ALPERT**

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People are addicted to their mobile devices and social media, and naturally it spills into the dating world. I see more and more clients for such issues. If what I see on

my couch is any indication of what's going on in the population at large, then we're in for a major breakdown in communication. Texting, Facebook and other social networking — although they have great benefits — have bred a culture of social decline. For proof, next time you're at a party or business function, look around the room and note how many people are buried in electronic devices.

Regarding dating:

The question

In social situations, particularly on dates, I've noticed that people I'm talking to start checking their text messages and interrupting the conversation. I find this rude and have a hard time resuming the talk. How should I respond? What is appropriate texting etiquette? Are people that addicted to their phones?

Frankly, if people can't stay off their devices for an hour or two, that's a problem. Of course there are extenuating circumstances that might warrant responding to a text on a date (for instance, if one is on call for work or expecting an important message). But, by and large, out of respect to others, people should adhere to the rule that's been around for years: Never take calls during dinner. If that isn't possible, then the person should ask to be ex-

cused, explaining that it's an important text or call. Another strategy is to keep the phone on vibrate or silent, and then check messages when using the restroom.

As for how you can respond to such a situation, if it's a first or second date, consider this behavior an enlightening moment as you get to know the person. Clearly you have different social-etiquette values that

could prove problematic. If, though, it's someone you've gotten to know and like, then let that person know you enjoy his or her company, acknowledge the calls and suggest meeting another time. This subtle yet direct approach should be an obvious wake-up call.

— Jonathan Alpert is a licensed psychotherapist. E-mail him your questions at jonathan@jonathanalpert.com

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Today in
medicineThe cost of a
healthy diet

Study subjects: 1,000 adults in King County, Wash.

Location of study: U.S.

Results: MSNBC reports that making healthy choices as per the government's new My Plate guidelines is "going to cost you at least \$7.28 a week extra." The University of Washington study concluded that healthy eating should be accessible to all income brackets.

Significance: While spending an extra \$400 a month on groceries may sound unreasonable, there is a possibility that you could save on health care down the line.

Salmonella
resistant to
antibiotics

Study subjects: Salmonella



► Buying healthy foods isn't cheap.

the reported cases seem to be coming as a result of eating tainted chicken.

Significance: "The CDC estimates that 50 million Americans each year get sick from food poisoning, including about 3,000 who die," CBS News reported. Those with weakened immune systems are especially susceptible to death.

Violence
against women
and mental
health

Study subjects: 4,451 women ages 16-85

Location of study: Australia

Results: UPI.com reports that a study revealed: "Rape, sexual assault, intimate partner violence and stalking increase the lifetime risk of mental health disorders among women."

Significance: "There is an overwhelming link between gender violence and key indi-

cators of women's mental health, well-being and risk of suicide attempts," concludes the report.

Neuron
replication
and disease
treatment

Study subjects: Mice cells and human skin cells

Location of study: U.S.

Results: In a complex study, researchers turned human skin cells into nerve cells, or neurons. "They did this by infecting the cells with a few key genes, carried into the cells by a virus, and bathing the cells in the right cocktail of growth factors. The cells that resulted behaved like neurons in multiple ways," reports the Los Angeles Times.

Significance: The research could be essential in treating diseases such as Alzheimer's and Parkinson's or for aiding spinal cord damage.

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- ▶ The popular drink may not be as good for you as you think
- ▶ 'Today' show nutritionist's view

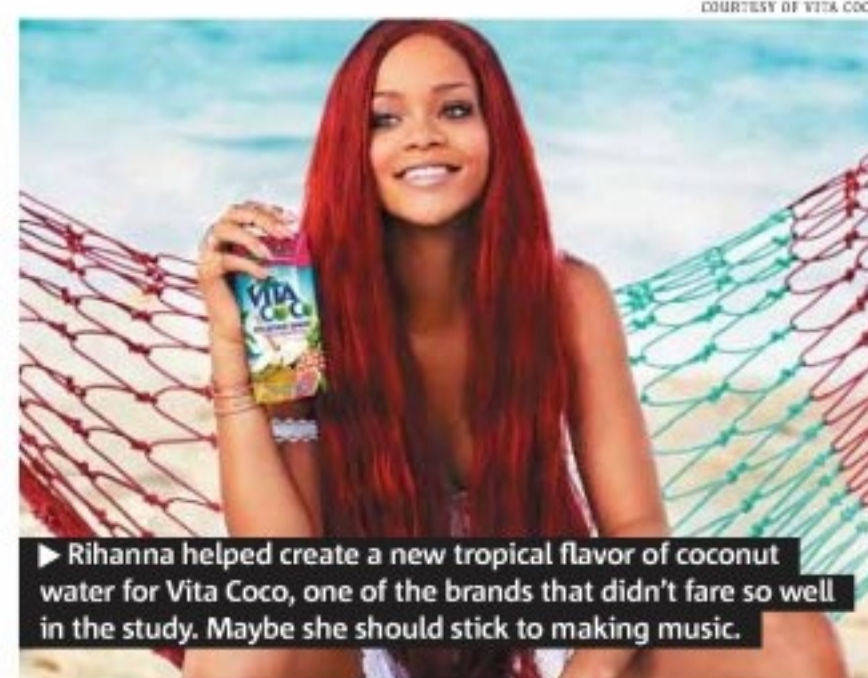
If you rely on coconut water for hydration after a workout, or you just like to sip some as you go about your day, you may want to rethink your decision to do so: A new research study calls into question some popular claims by the leading manufacturers of the trendy beverage.

The researchers at ConsumerLab.com looked at levels of sodium, potassium, magnesium and sugar content in Zico Natural, Vita Coco and O.N.E. and found that only Zico Natural had the actual levels of each purported on its label.

Vita Coco and O.N.E. contained the sugar and potassium amounts advertised on their packaging, but the actual amount of sodium was less by as much as 82 percent, and the actual amount of magnesium was less by as much as 35 percent. Both sodium and magnesium play important roles in hydra-

"For very serious athletes ... a sports beverage with regulated amounts of electrolytes may be the best option. But for the rest of us nonathletes and casual exercisers ... plain old water is the best beverage for proper hydration."

JOY BAUER



▶ Rihanna helped create a new tropical flavor of coconut water for Vita Coco, one of the brands that didn't fare so well in the study. Maybe she should stick to making music.

tion.

"I like to recommend coconut water as a more natural alternative to sports drinks for serious athletes, so it was disappointing to see the results of the Consumer Lab study," says "Today" show nutritionist Joy Bauer, author of "Joy Bauer's Food Cures." "For very serious athletes exercising several hours a day who are relying on these drinks to help them recover each day, a sports beverage with regulated amounts of electrolytes may be the best option. But

for the rest of us nonathletes and casual exercisers who don't need the extra carbs or electrolytes, plain old water is the best beverage for proper hydration. It is naturally calorie-free, sugar-free and sodium-free."

Coconut water's popularity led to the study, according to ConsumerLab.com president Tod Cooperman. "We wanted to know what was really in these products and if they lived up to their labels," he told Metro.

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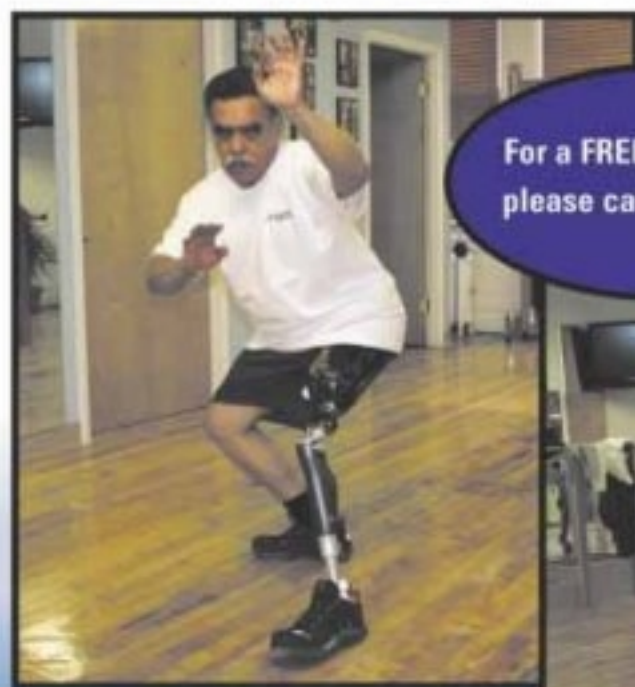
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Curb junk-food cravings with these tasty snacks

▶ We know how tempting it is to reach for a candy bar or Dr. Pepper to get you through the day, but we also know how detrimental they can be for your health ▶ Some better alternatives

If you crave a soda:

12NtM Sparkling Beverages

Chef David Burke created two new, all-natural thirst-quenchers for 12NtM: Rouge, a pomegranate and black currant mix, and Blanc, a citrus-ginger zinger. The drinks have no added sugar and contain only 60 calories per bottle. **\$2.50, D'Agostino**



If you crave something sweet:

Natural Vines Strawberry Licorice

These chewy treats, a mere 17 calories a pop, contain natural licorice extract and are made sweet from molasses and pure cane syrup. They also have no high-



fructose corn syrup, preservatives, cholesterol or trans fats. **\$3.49, Whole Foods**

If you crave something chocolatey:

Cocoa Kissed SaviSeeds

Get your chocolate fix and a mega dose of omega-3s with Cocoa Kissed SaviSeeds, an all-natural snack that looks and tastes like chocolate-covered nuts. They boast 7,000 mg of omega-3s per serving, almost three times the amount found in walnuts.



\$2.99, Whole Foods

If you crave something salty:

Snikiddy fries

Forgo the fries at your next barbecue and get your munch on with Snikiddy snacks. The crunchy fries taste just as good as potato chips but have 50 percent less fat and contain no trans fats, corn syrup, hydrogenated oils or preservatives. There are six flavors, like Barbeque (the newest) and Classic Ketchup. **\$2.49, Gourmet Garage**



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Stop pointing fingers

RE: BLAME IT ON THE REIGN: Mr. Connell blames Tea Party Republican freshmen for our troubles in Washington. Does he realize that Obama was a freshman senator when he won the White House? He is the least-effective president I have seen in my lifetime. His abilities are limited to using social media to brainwash our youth. Our crisis will not end until he leaves office and is replaced by someone, from either party, who can gain the support of both houses. As an additional tool to solve

our problems, EVERYONE in Washington needs to pay in to Social Security.

MICHAEL BURTON, VIA E-MAIL

Impatience leads to failure

RE: BLAME IT ON THE REIGN: Mr. Connell hit the nail on the head when he pointed out that the voters put tea baggers in congress. Now the same voters are in picket lines in Wisconsin and other states complaining about Congress. People always like to point out a tethering president, but what about the tethering voters? Obama and the Democrats were just get-

ting the economy turned around before impatient voters put Tea Party activists in congress. Stop complaining about Congress not functioning — you voted for it!

VICTOR R. ROBINSON, VIA E-MAIL

End this lame blame game

Blaming the Tea Party for the destruction of the American economy is a cop-out. Government does not create economic prosperity, businesses do. If we depend on God and not the government, this mess will evaporate. Recognize that people are not in of-

fice to make us happy and take care of us. Personal responsibility is a must!

OMAR BRANCH, NEW YORK

Accountability of parliament

With riots in London escalating, news sources are focusing on how they'll affect the upcoming Olympic Games. They should focus on what leads thousands in impoverished neighborhoods to take violent action. I don't condone violence, but socioeconomic factors like police brutality, high unemployment and deep cuts to social programs sparked the riots. The government refuses to acknowledge these issues because they don't want to give the rioters legitimacy.

NICK AQUINO, VIA E-MAIL

Horoscope

Leo July 23-Aug. 22. Although your inclination may be urging you to waste your time playing hooky, get a grip on yourself and pay attention to neglected responsibilities.

Virgo Aug. 23-Sept. 22. If you're not careful, without realizing it you could easily begin to impose your will upon your companions. If you do, you won't be very popular.

Libra Sept. 23-Oct. 23. Striving for lofty goals is admirable, but unless you choose realistic aims, they might not be that easy to achieve. If that's the case, don't start blaming others for your poor choices.

Scorpio Oct. 24-Nov. 22. Associates will be unreceptive to your suggestions if in the past you have been close-minded to theirs. At the very least, be willing to listen and consider what they have to say.

Sagittarius Nov. 23-Dec. 21. Constant vigilance is essential if you are responsible for a project that could affect the welfare of others. Don't take lightly your commitment.

Capricorn Dec. 22-Jan. 19. It's a time for building bridges, not barriers. For the sake of harmony and progress, you and your mate shouldn't butt heads, but put them together for a common cause.

Aquarius Jan. 20-Feb. 19. With your physical and mental energies both in high gear, you could have difficulty distinguishing the difference between assertiveness and mere aggressiveness. Take care.

Pisces Feb. 20-March 20. Instead of associating with a clique that is made up of certain people who make you feel uncomfortable, you should find companions who have pleasant ways to spend their time.

Aries March 21-April 19. If you want others to be supportive of your interests, you must be there for them when they need you. Make some time to help an associate.

Taurus April 20-May 20. Being in a talkative mood could have you telling others about things you might otherwise keep to yourself. Don't let something slip out that you need to keep under tight wraps.

Gemini May 21-June 20. When you find yourself in a spending mood, your material desires can be very pronounced, which could be the case at his juncture. Be very careful about going off on a wild spree.

Cancer June 21-July 22. You're more easily influenced than you may realize, so take care that you're not unduly swayed by others to waste your time. Set some goals and go after them. **BERNICE BEDE OSOL**

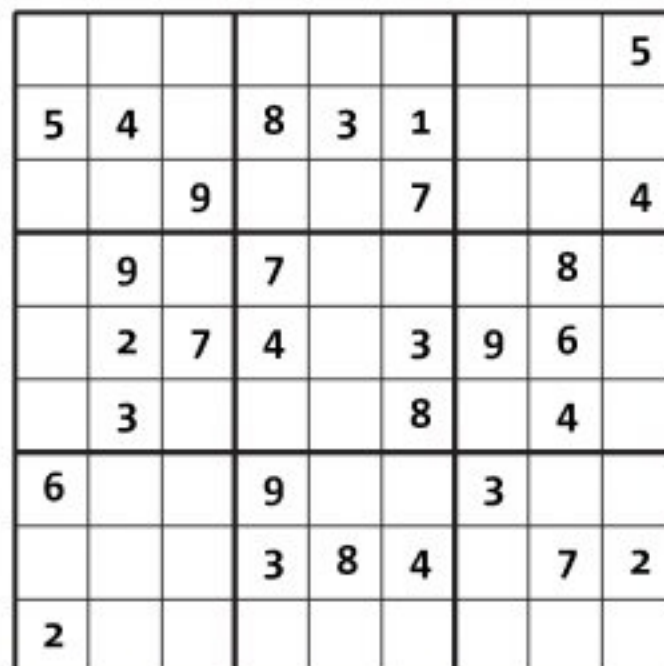
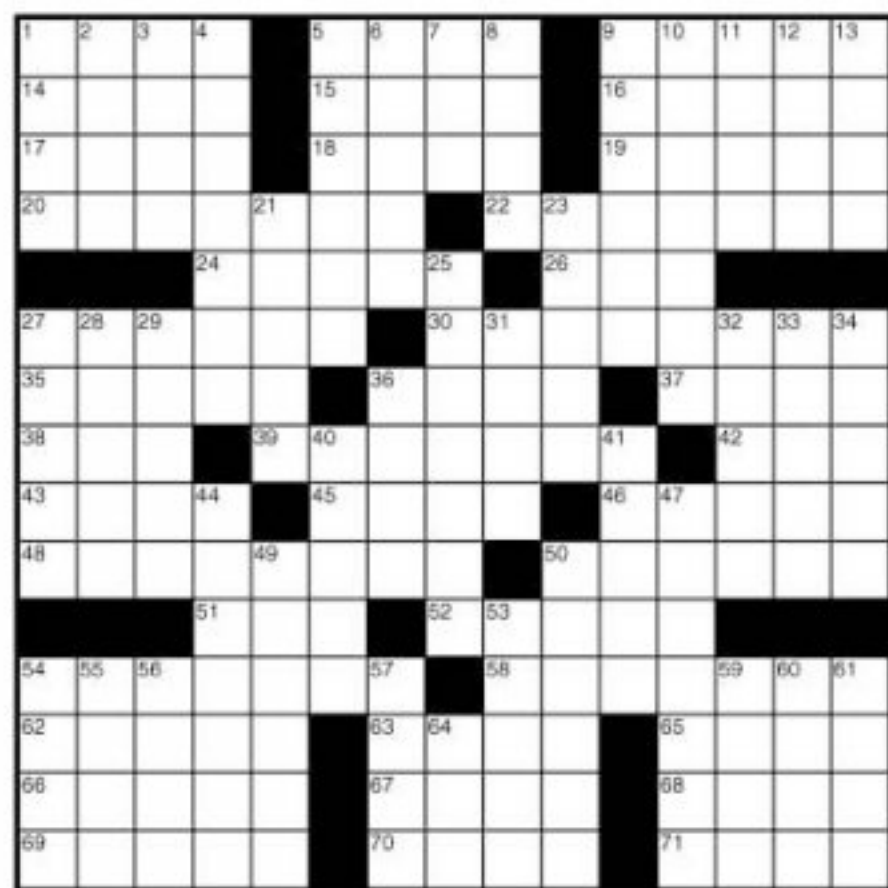
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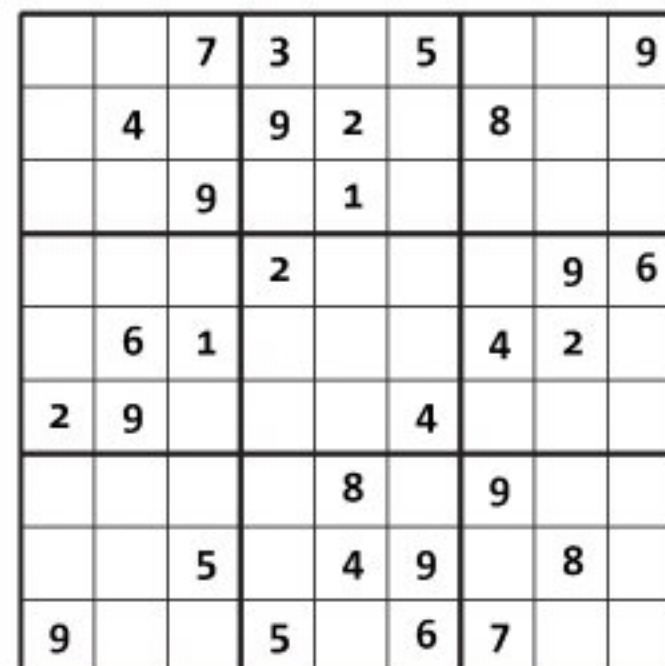
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58 Faint
62 Fermented milk
63 Pre-college
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67 Nothing, in Nice
68 Sicilian landmark
69 Mammoth
70 Structure, briefly
71 Many boxers
- Down**
1 Boat mooring
2 Oak leaf part
3 Tune from an opera
4 Pensive
5 Totally lacking
6 Departures
7 Pasture
8 "La __ Bonita" (Madonna tune)
9 Salon offering
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11 WWW addresses
12 Fish choice
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23 Most hooks and jabs
25 Plowing
27 Ms. LaBelle
28 Just perfect
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31 Wee hours in Cannes
32 Hobby knife (hyph.)
33 Banquet host
34 Was a double agent
36 Pita treat
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41 Cerberus' threesome
44 Guile
47 Had a cookie
49 Evening gala
50 Raising 2 to 8
53 __ and aahed
54 Black & Decker rival
55 Alejandro of baseball
56 Nowhere near
57 Kind of tea
59 Golden Rule word
60 Circus arena
61 LAX guesses
64 Rapper Kim



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Making a transition to center

Offensive line coach Pat Flaherty said he's not worried about Baas fitting in physically, as he marveled over the shape Baas is in. Flaherty said he'll be monitoring how Baas adjusts mentally to being the center as opposed to his time in San Francisco as a guard.



"It's all mental with David Baas," Flaherty said. "We put him right in there, though. There are going to be some things that won't be as smooth as you want, but he's going to be the guy that is snapping balls and making calls."

Baas played center just one season in his time with the 49ers.

● METRO/TW

Who's the Baas?

► Meet the new guy on the Giants' offensive line ► Big Blue didn't make any big splashes in free agency, but center will be key cog in changed line



► Baas, left, has the look of an offensive lineman and brings the toughness on the field to back it up.

MICHAEL ZAGARIS/GETTY IMAGES

92

Games Baas played in while with the 49ers — out of a possible 96. Three of the games he didn't play in were as a rookie.

The Giants had an off day yesterday, but it didn't mean guys stopped working.

Center David Baas isn't on the bubble, but as a newcomer to a unit that was once heralded for its cohesion, he feels like a rookie sometimes, which

makes him work harder — even on off days.

"I haven't had too much time," Baas said when asked if he's enjoyed any outside activities in his new home, adding he hasn't even gone house-hunting yet. "I flew in that week and went right to work

with meetings and eventually practices once we were allowed to do so. And I haven't stopped yet."

Baas has impressed everyone in the locker room due to his work ethic. This is his seventh new system in as many years.

His biggest task, he says,

is gaining the trust of his new linemates. He added that figuring out line calls, making sure everyone is in-synch and becoming the anchor of the line is what's most important.

● TONY WILLIAMS
sports@metro.us

In the news



Burress still not practicing

It's taking an awfully long time for the Jets' new sports car to get out of the garage.

Burress, who turned his ankle last week, still isn't cleared to join practice. He's unlikely to play in Monday's preseason opener.

Yankees are becoming speed merchants

The Yankees normally lead the AL in home runs and walks. This year, they lead the league in those categories along with another that might come as a surprise — stolen bases.

Entering last night's game with the Angels, the Yankees led the AL with 116 stolen bases, putting them nine ahead of Kansas City and on pace

for 166.

"Anytime you're one base closer, it always helps," Curtis Granderson said. "Ninety feet is a long way to go even though it is technically a short distance. Now you go from needing a double to possibly needing a single or needing a triple to needing a double."

The Yankees last led the league in steals in 1985 when Rickey Henderson swiped 80 of their 155 bags. During the Joe Torre era from 1996 to 2007, they averaged 114.

The Yankees swiped just 13 in April, but after stealing 62 of 87 the next two months, the running game has taken off.

"It's definitely a good thing," Brett Gardner said.

"I know we've been doing a pretty good job of it recently, trying to advance and get into scoring position. [It is]

not only myself, but there are a lot of guys on this team that are capable of doing that." ● LARRY FLEISHER

41

Since July the Yankees have stolen 41 bases out of 46 attempts. Brett Gardner is a huge reason why. He's stolen 21 straight bases and has 35 on the year.



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A-Rod to return next week

The Yankees will be adding a power bat down the stretch even without making a deadline deal.

Yankees manager Joe Girardi said yesterday that slugger Alex Rodriguez should be ready to return next week.

Rodriguez has been on

the disabled list since July 7, when it was discovered that he had a tear in the meniscus of his right knee.

Rodriguez opted for arthroscopic surgery and was scheduled to miss six to eight weeks. That timetable appears to be speeding up slightly.

Girardi said Rodriguez will likely make a rehab start on Friday in Tampa. If the rehab appearances over the weekend go well he could return to the major league club Aug. 15. That game would be at Kansas City, with his home return the next week



► Rodriguez

against Oakland Aug. 23.

Rodriguez was batting .295 when he went on the DL, with just 13 home runs and 52 runs batted in.

The team was 18-9 heading into last night's matchup with Anaheim with Rodriguez out of the lineup. **METRO**

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2 fam det, 4 bks, 4 full bths, fin bsmt, pvt drwy, huge bkrd, Only \$200K. Call Agent Nadia 718-864-4211

Springfield Gardens Great Deal!
1 fam det, 4 bks, 2 full bths, fin bsmt, pvt drwy, Only \$165K. \$2000 DP/OC. Call Agent Nique 917-586-5885

★ SPRINGFIELD NEW DET 2 FAM, 3/3 ★
FIN BSMT, PARQUET FLRS, LG YARD, OWNER 347-465-6400

St Albans Bank Owned
Over 2 fam 6 bks 3 bths 4 bths huge fin bsmt, pvt drwy, \$1850/mo mts, \$2000/OC. Call Agent Nadia 347-543-2995

St Albans Best Deal! 2 Fam Det
66, 4 full bths, fin bsmt, pvt drwy & gar, \$235/mo, mts, \$2000 DP, OC. Call Agent Claude 718-514-0034

Rough Cabin on 6 acres, open with pond. Year-round maintained road. Coventry Area. Owner financing. \$8000 down. \$650/mo. Only \$42,900. Bill Hunt, Sidney, NY 807-563-1993

119 ST ALBANS AAA CONDITION
2 fam det, 66, 5 bths, 3 bths, full fin bsmt, pvt drwy, \$1900 mo pymt, \$2800 DP/OC. Call Agent Ethan 917-577-9362

JAMAICA SPAC FULLY RENOV.
1 FAM DET, 3 BRS, 2 FULL BTHS, FIN BSMT, PVT DRWY, ONLY \$259K. OWNER 516-668-2366

QUEENS VILLAGE 1 fam det, fully renov, 5BR, 3 full bths, fin bsmt, 2 car gar, huge double lot, \$399K negotiable. Owner: 347-341-2804

ROSEDALE NEW CONSTRUCTION
2 FAM DET, BRK, 10X10, 30 LG BRS, 4 BTHS, HDWD FLRS, FIN BSMT, PVT DRWY, ★ OWNER 917-330-7793

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Denville, NJ Partially Completed Summer Home Family oriented 4 - Br, 4 bath, beautifully private Morris Co Lake, Easy Access to NY Transit \$229K owner 908-565-0157

Real Estate/Rent

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ELMHURST Condo Jr 4 w/attic, spacious LR, Newly renov kitchen, subway, bus, subway, Pkts, Low maint incl pks. Bkrs welcome 718-899-1086

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BOSTON ROAD AREA : Lge. Room, Share kit & bath, Quiet, safe street, Close to transit & shops, Female preferred. Call Owner 917-531-8995

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EAST FLATBUSH Beaut Spac 4 Bdrm, H/H/W Incl \$1800/mo CONFIDENTIAL R.E. 718-498-3200

NEWARK, NJ 12th Ave/Crown, Quiet, Share new lux 2 BR, Furn Apt, Area Rug, W/D, A/C, Kit, Bkrd, Internet, \$680/mo - UNL. Owner 646-415-1336

NORTH NEWARK 244 N. 5th St. (6th Ave) ★ 1 BR \$700/mo Freshly painted, nice flrs, Nr Late Rail, NO FEE, Owner 917-866-0489

Jamaica - 3Br Duplex, 2nd fl, LR, 2 bths, brand new construction \$2090/mo neg utls separate. Near all. Call owner 516-567-8600, 646-427-0379

ASTORIA 425 25th Ave Clean 3.5 Bm Apt on 1st flr, lrg B/R, LR, ba & kit, \$1225/mo, 1 mo rent - 1 mo sec. Nr All. Owner 347-495-6889

Old Mill Basin / E. 58th St. & Ave J & K ★ Luxury 1 BR apt in 2 Fam, \$1,150/mo, gas/elect heat incl, 1 mo rent - 1 mo sec. Owner 718-763-3053

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Market watch

**CHEAPEST
\$199K**

352 W. 48th St.
The cheapest unit listed this week is an income-restricted one-bedroom at 352 W. 48th St. The co-op, with 500 square feet, new appliances and hardwood floors, is listed by C Townley Real Estate for \$199,000.

**PRICIEST
\$19.9M**

105 E. 73rd St.
The most expensive property listed is a five-story townhouse at 105 E. 73rd St. This 10,000-square-foot home, with triple exposures, is listed by Stribling for \$19,900,000.

STREET EASY

StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

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PARKCHESTER'S ONE AND TWO BEDROOM RENTAL APARTMENTS COMBINE GREAT VALUE AND A FULFILLING LIFESTYLE

Savvy New Yorkers have discovered that Parkchester is the smart alternative to High Manhattan Rents. People from all walks of life and people of all ages who want to live in spacious, bright rental apartments with all of today's amenities are moving to Parkchester which many are calling "the best rental value in New York City."

Traditional one bedroom apartments in Parkchester rent for as low as \$950 per month and two bedroom apartments start at \$1300 per month. All of these rental apartments in Parkchester have a window in every bathroom and a window in every kitchen. Kitchens are modern and fully equipped and bathrooms have a full tub and shower.

Every apartment has generous closets, hardwood floors and large foyers. There is new heavy duty wiring to support air conditioning and all appliances. Fios and high speed internet connections are available. In addition to the traditional one and two bedroom apartments Parkchester also offers Premier apartments with rentals starting at \$1300 per month.

Parkchester's residents include artists, students, teachers, and retirees, shopkeepers and social workers, policemen, firefighters, physicians, nurses and other professionals, a broad and exciting mix of people.

But, affordable rents and civilized spaces are only part of the reason New Yorkers enjoy living in Parkchester. It is, in the truest sense of the word, a community where tenants have discovered a richer more fulfilling life. Parkchester's buildings are surrounded by lawns, trees, flower gardens and fountains. In addition, Parkchester has its own commercial village with many supermarkets, specialty shops, restaurants and national brand stores including Macy's and Starbucks. Parkchester has its own Post Office, a first run multi-screen movie theatre, and many medical and dental offices. Parkchester has its own subway station on the MTA #6 line from which one can reach Grand Central Station in just 30 minutes. There is also a regular schedule of fast frequent express buses to midtown 7 days a week. Residents can park their cars on the street or in indoor garages. The Cross Bronx Expressway and major parkways are just minutes away.



Prospective tenants are invited to attend an Open House and to view model apartments. Currently apartments are available for immediate occupancy. Open Houses are held on Tuesday and Thursday from 5:00 pm to 7:45 pm and on Saturday from 9 am to 12:45 pm. To make an appointment and for directions to the open house please call 718-412-4695 or visit us online at: www.parkchesternyc.com






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200 East 125th Street Apartments is pleased to announce that applications are now being accepted for 28 affordable housing rental apartments now under construction at **200 East 125th Street** in the **East Harlem** section of **Manhattan**. This building is being constructed through the Low Income Rental Program (LIRP) of the New York City Department of Housing Preservation and Development (HPD) and the Tax Credit Assistance Program (TCAP) of the New York State Homes and Community Renewal (HCR). The size, rent and targeted income distribution for the 28 apartments are as follows:

Apartments Available	Apartment Size	Household Size	Monthly Rent*	Total Annual Income Range**	
				Minimum	Maximum
6	Studio	1	\$799	\$27,393	\$33,300
7	1 Bedroom	1	\$851	\$29,176	\$33,300
		2		\$29,176	\$38,040
10	2 Bedroom	2	\$1017	\$34,867	\$38,040
		3		\$34,867	\$42,780
		4		\$34,867	\$47,520
5	3 Bedroom	4	\$1176	\$40,319	\$47,520
		5		\$40,319	\$51,360
		6		\$40,319	\$55,140

*Includes gas for heat and cooking **Income guidelines subject to change

Qualified applicants will be required to meet income and family size guidelines and additional selection criteria to qualify. Applications may be **DOWNLOADED** from: www.200east125.com or requested by regular mail from: **200 East 125th Street Apartments c/o: Richman Property Services, Inc., PO Box 5574, New York, NY 10027**. Please include a **self-addressed envelope** with your request. Completed applications must be returned by **regular mail only** (no priority, certified, registered, express or overnight mail will be accepted) to a post office box number that will be listed with the application, and must be postmarked by **September 29, 2011**. Applications postmarked after **September 29, 2011** will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Duplicate applications will not be accepted. Preference will be given to New York City residents. Current and eligible residents of **Community Board 11** will receive preference for 50% of the units. Eligible households that include persons with visual and/or hearing impairments will receive preference for 2% of the units; and eligible City of New York Municipal Employees will receive a 5% preference.

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EHO

Pimp my gadgets

► Lifestyle-technology expert Janna Robinson introduces us to the latest home electronics ► Five ways to be more tech-savvy

We watch in awe and (ahem) envy on our chunky TVs as lifestyle-technology expert Janna Robinson installs state-of-the-art gadgets in the homes of celebrities such as Oliver Stone and Kevin Connolly on her DIY Network show "Hollywood Hi-Tech." Not yet ready for a home theater in your studio apartment? No prob. Robinson recommends five must-have items to keep you up to speed. **METRO**

Tune in

'Hollywood Hi-Tech'
Wednesdays
9:30 p.m.
DIY Network

1. Streaming device

Our TVs are becoming an entertainment hub with the help of streaming services like Netflix and Amazon VOD. They give us access to a much wider array of content. You can use an Internet-connected entertainment device, like a gaming console, Roku, Apple TV or Blu-ray player to stream your favorite movies and shows. I am a big movie buff, so streaming is important to me. I stream Netflix in my living room via my Panasonic Viera HDTV and use my Panasonic Blu-ray player in the bedroom. I am never far from my favorite films.



► Robinson helped Kevin Connolly get the screening room of his dreams ... perhaps for an "Entourage" series finale viewing?

2. Digital tablet

Tablets are a multifunctional device. They are lightweight, compact and easy to use — and they have a long battery life. Whether you choose an iPad, HP TouchPad, Samsung Galaxy Tab or one of the many others in the marketplace, a tablet is a great way to lighten your load. I like to use my iPad for presentations, streaming movies on long flights and catching up on my reading.

3. Universal remote

Put a stop to the madness and curtail the clutter by using one remote control for all of your home entertainment devices. Logitech and URC offer some great selections. If you are feeling particularly technically inclined, convert your smartphone and/or tablet into your remote control by downloading an app that will control all of your electronic devices.

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4. Wireless music system

Wireless music systems give you the freedom to listen to music anywhere in your house without having to worry about running wires. You can listen to the same music or a different selection in every room — and even in your backyard. Companies like Sonos, Logitech's Squeezebox Boom and Sony AirPlay offer affordable and easy-to-use audio solutions.

5. Surge protector

Safeguard your home electronic system, computers, peripherals, etc. from power outages and/or lightning strikes — which can only take a second to destroy your expensive equipment. Companies like Belkin, APC, Monster Cable among many others, have some great products. Entertainment systems tend to be one of the biggest energy drains in a household, and Belkin's Conserve line can put your AV components on standby when not in use, ultimately saving you money on your energy consumption.

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